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Bangalore Mirror

TEMP Max 27 | Min 16 | Humidity 60% Generally cloudy sky Sensex 61,167 | Nifty 18,197 | Gold 54,169 | Silver 69,565 | Dollar 82.59 | Euro 88.13 | GBP 99.53

₹15 cr set aside towards upgrading dry waste collection centres with semi-automated sorting tech to ease strain on rag pickers

MATTER IS SORTED

'Rag pickers wholly dependent on discovering high-value waste'

| Melvin Mathew
c-melvin.mathew@timesgroup.com

TWEETS @BangaloreMIRROR

The Dry Waste Collection Centres (DWCCs) in the city are expected to get the much needed upgrade. The initiative 'will help reduce the strain on rag pickers sorting dry waste'. Nearly 20 centres will become semi-automated which will make the process less tiresome for the communities involved.

The Bengaluru Solid Waste Management Limited (BSWML) has called a tender in this regard. Heeding the demands of rag pickers, the Palike will invest Rs 15 crore towards upgrading the DWCCs.

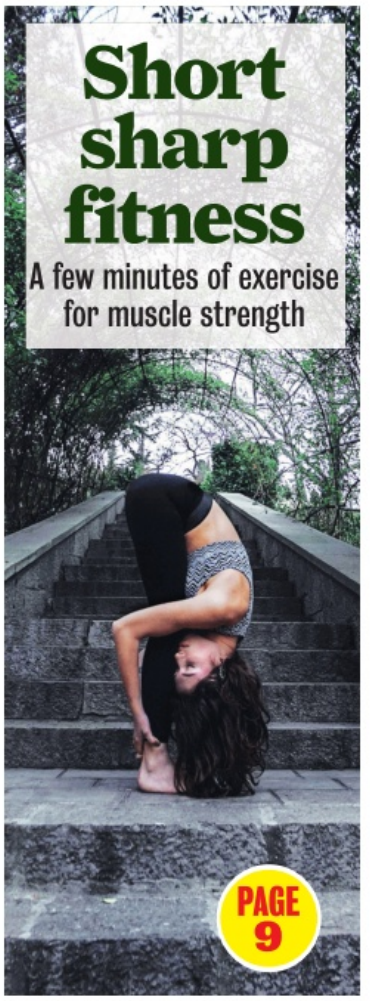
Each DWCC will be semi-automated for the convenience of those sifting through solid dry waste. Additionally, chairs and tables will be provided for the comfort of rag pickers sorting the dry waste. The current process involves sorting trash from a giant pile

CONTINUED ON PAGE 6

"We will provide tables and chairs for rag pickers. Previously, they had to sit on the floor and work for hours
— BSWML official

Short sharp fitness

A few minutes of exercise for muscle strength



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*Source: The Indian Edtech Story, Q1 2022 Round-Up by Markelytics.
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3 THINGS TO DO

01 Write out loud

Lahe Lahe brings to you an evening of baring your soul on paper. Every Tuesday, participate in a heart-plucking session of poetry, and good company. Come, share your poetry in a circle and unwind.
here: Lahe Lahe, Indiranagar
When: January 3, 7.30-9.30 pm
Contact: 9886294444

02 Help for physically abled

Rotary Bangalore Peenya and Bhagwan Mahaveer Viklang Sahayatha Samiti (BMVSS), Jaipur, is organising its 25th free mega Jaipur foot camp. The camp will provide artificial limbs and equipment to aid those physically abled.
For outstation beneficiaries, free food and accommodation will also be provided.
Where: Ganesh Bagh; When: January 3 - 9
Info: 9341214915/ 9845052554

03 Artisans, unite

Channel the inner artist in you by signing up for these pottery-making workshops. You will be taught how to prepare the clay and use different techniques like hand-building, pinch, coil, and slab. Finally, you will be taught to fire the pots. The sessions will be held by Maya, and you can sign up for more than one session.
Where: Lahe Lahe, Indiranagar
When: January 3 - 6, multiple slots
Tickets: 9886294444

Tender loving care? Wart are you saying!

With increased adoption of self-care routines during Covid, doctors are warning of a development of warts; they say hygiene is very important

Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMirror

Doctors say people should visit known salons and ensure specialists utilise disposal instruments

Reeling from the Covid pandemic, people turned towards self-care routines like massages, pedicures, and manicures in times of uncertainty. The availability of doorstep services led to an even increased acceptance and adoption. Post-Covid, patients began to report to doctors complaining about warts in the facial and feet region.

A city-based doctor, Dr Divya Sharma, skin specialist at Dr Divya's Skin and Hair Solutions, had tweeted about the incidence of such cases. "Since covid, people have resorted to feel-good procedures, especially at-home services. A lot of such patients are complaining of viral warts and this comprises at least 20 per cent of OPD patients. There is a need to ensure the hygiene of instruments used in at-home services to prevent such cases. Parlours use UV-lamp to disinfect their instruments and they are not surgically equipped either.

According to doctors, both men and women suffer from viral warts. Dr Sowmya M, Consultant - Dermatology, Manipal Hospital said that they see such cases in women around eyebrows and upper lip where threading is done. "While threading, a superficial layer of the skin is removed. This leaves an area exposed to viral infection. It can be distinguished as a finger-like projection on the skin and has no pus or pain but grows in size over time. In men, the cases are observed in the scalp and beard area. In the case of men, warts are more seen in the beard area due to constant shaving and trimming. Cases are also seen in patients using manicure and pedicure services," added Dr Soumya.

In some cases, the specialists may have warts and may transfer to service users or the virus may be on the surface of products previously used on infected customers. For repeated use of instruments, there is a particular way of neutralising the virus using a solution which is only present in hospitals, said Dr Shireen Furtado, Consultant – Medical & Cosmetic Dermatology, Aster CMI Hospital.

However, infection from the virus is dependent on the immunity of the person. For immediate relief, a local anaesthesia patch is applied, said Dr Rashmi Ravindra, Consultant Dermatology & Cosmetology, Fortis Hospital.

"Constantly working in a wet environment, hyperhidrosis (extreme sweating in palms and soles), unclean instruments, etc could be key causes for the spread. The virus tends to stay in the upper parts of the skin preventing the attack on the anti-body system. The disease spread through autoinoculation—spreading from one part of the body to another. In such cases, people need to be careful with hygiene, explained Dr Sunil Kumar Prabhu, Consultant Dermatologist and Aesthetic Physician, at Aster RV Hospitals.

Doctors suggest that people use at-home services to ensure that specialist is conducting services with sterile instruments in a hygienic environment.

They also suggest people go to known places and that specialists utilise disposable instruments or sterilise them before use. Some doctors also suggest people carry their own set of salon equipment to be used in the salon or at-home services. Regular showers after salon service could also help prevent such infections.

Learning through community engagement

Saumyangi Yadav
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TWEETS @BangaloreMIRROR

PICTURE FOR REPRESENTATION ONLY

The higher education institutes in Bengaluru are working towards increasing community engagement for both undergraduate and postgraduate students studying in the city in form of projects, internships and compulsory courses as part of the curriculum.

These initiatives are in line with the guidelines released by the University Grants Commission (UGC) for fostering social responsibility and community engagement in college and university students.

UGC has even recommended that colleges and universities introduce some new courses along the same guidelines. "New courses for engineering students may be designed focusing exclusively on water harvesting, storage, security and distribution; management programmes may design a new course on logistic and business planning for sustainable 24x7 water supplies to rural habitations, etc," said the new UGC guidelines.

Universities in Bengaluru have also planned out several such initiatives for the students that will be rolled out in the coming semesters. "For example, we have a programme called 'Campus to community' where we have 10 such initiatives planned-," said Shrinivas Balli, Vice Chancellor, Nrupathunga University, Bengaluru.

Some such projects that the students will be taking part include the Bengaluru Lake Renovation project, projects with government primary schools, etc.

"Students will visit the lakes and prepare a project, and based on that, we will think of future action. Similarly, a project called 'school bell' where our students will enhance with some of the schools to check if the schools have a good environment to learn, etc; more plantation drives will be there, and some projects with slums are also being planned out," Prof Balli further added.

The UGC has also recommended that students and institutes undertake research in partnership with the local community and apply classroom knowledge of courses to ground realities. "So far, we have had limited opportunities for community engagement and we want to expand it. Therefore, students will have the freedom to choose as well," said Lingaraja Gandhi, Vice-Chancellor of Bangalore City University.

UGC has also released a course structure for the recommended course titled "Community Engagement and Social Responsibility" with 2 credit points with 30 hours, at least 50% in the field, and have also recommended a list of field-based practical activities for both UG and PG curriculum at universities.

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They call this a road, but citizens certainly do not

Untarred road in Somasundrapalya is making commute difficult for residents, school and college students; alternative routes stay congested

Shreyashi Mukherjee
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TWEETS @BangaloreMIRROR

A stretch of road in Somasundrapalya has remained untarred despite numerous complaints made by the residents. The poor condition has made commuting difficult on the road.

According to the residents, fixing the road will help the students and children of nearby areas to walk safely. Rajesh M Nair, a resident of the area, said, "It is very difficult to travel on this muddy road. There is a school and a college next to the road and a lot of students, including small children use it. For them it is very risky to commute on it."

Other residents added that since this road cannot be used because of its terrible condition, alternative routes have to face traffic congestion.

"There are other routes present around the area. However, they are quite narrow. Due to the presence of school and college, those roads become quite busy. Those are mostly used by students," said Reshma KR, another resident.

"A lot of traffic congestion takes place on those routes. I have also gotten stuck in the lane several times for more than 20-30 minutes, especially during the school hours," she added. Vineeth K, another resident, told Bangalore Mirror that the road has remained like this for years and nothing has been done to fix it.

It has become very dangerous to walk on the muddy road. Leftover space is now being used by the truck drivers to park their vehicles

"If this 100 metre road is tarred then it will help in relieving the stress on the narrow roads around the school and college. It will also help people to commute smoothly," he said. Many residents are compelled to use the untarred road so that they can avoid getting stuck on other routes.

"While dropping my son to school, I have used this untarred road to avoid the traffic on the other lanes. It was a nightmare to go through that road. My bike tyre got stuck in the mud and I had to push my bike all the way. This road is extremely dangerous and should be fixed as soon as possible," said Rohith Dixit, another resident.

"If this 100 metre road is tarred then it will help in relieving the stress on the narrow roads around school and college – Vineeth K, a resident

According to Ashish Nagaraj, another resident, the road is now used by truck drivers to park their vehicles. "Already the road was in a bad shape on top of that the truck drivers have started parking their vehicles here. The leftover space is now being taken up by these trucks," he said.

Meanwhile, a Bruhat Bengaluru Mahanagara Palike (BBMP) official told BM that they will try to take action on the issue.

Meals on wheels: An act of selfless service

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

People from economically weaker families and daily wagers can now have hygienic and nutritious breakfast for just Rs 15 and lunch for Rs 25. Three mobile canteens – Sri Radhakrishna Mobile Canteens - were launched on Monday at Basavanagudi, Anjanapura and Sirsi Circle.

According to B Girish, owner of Sri Radhakrishna Mobile Canteens, he and his friend used to discuss contributing something to society. After a prolonged deliberation, they decided to provide breakfast and lunch for poor people at an affordable price.

"Our intention is not to make profit out of this initiative. We need to spend Rs 2 lakh to Rs 3 lakh per month to provide breakfast and lunch," he said.

One can get idli for Rs 10, vada for Rs 5, rice bath for Rs 15, lemon rice for Rs 15, and chow chow bath for Rs 15. For lunch, one has to spend just Rs 25 for a ragi ball meal that includes rice and sambar, curd rice and a papad. A kitchen has been set at Nagarabhavi for preparing breakfast and lunch.

"My friend allowed me to use his residential site to set up the kitchen. Breakfast and lunch will be supplied to three locations – Jinke Park in Basavanagudi, Anjanapura in Yeshwanthpur Assembly constituency and Sirsi Circle in Chamarajpet Assembly constituency," he explained.

Girish also has a plan to increase the mobile canteens from 3 to 15 in the near future. He wants to start mobile canteens at KR Market and Satellite Bus Station on Mysore Road.

He added that he does not belong or identify with any political party.

Each of the mobile canteens costs Rs 10.40 lakh. These canteens have also been providing food to three orphanages and one old age home in the city.

Basavanagudi MLA Ravi Subramanya inaugurated the canteen at Jinke Park.

Breakfast and lunch will be supplied at three locations in the city. There are also plans to start these mobile canteens at KR Market

"The mobile canteens launched today will be of great help to people from economically poor families and workers. I will support anyone who wants to do well for the benefit of poor people," said Subramanya.

Meanwhile, Girish, a resident of Brindavana Nagar, told Bangalore Mirror that the quantity of food served at the canteen is sufficient and of good quality.

"At a standard hotel I have to pay Rs 40 for vegetable pulav, but I paid only Rs 15 and got quality food," he said. "I got idli and vada for Rs 15. Idli was soft and tasty," said A Kumar, a resident of Basavanagudi.

whatsapp MIRROR 9591233247

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It's dangerous!

Bharathi Nagar

An electric box panel has been left open at #8, St John's Church Road in Bharathi Nagar. This is very dangerous for kids and pedestrians walking on the pavement.

Are you there?

KR Puram

The landline numbers of EPF Office in KR Puram are switched off. No proper guidance given by the staff.

Occupied space

Kempapura

The roadside near Coffee Board Layout Park in Kempapura is permanently occupied by mobile eateries on carts and mini buses, which never move from here.

Relief in December; keep staying safe, Bengaluru

Case numbers may be high due to increased testing

Sridhar.Vivan@timesgroup.com
TWEETS @sridharvMIRROR

Despite fears of Covid cases shooting up doing the rounds, there's some relief. December 2022 reported to have the lowest Covid cases ever since the pandemic began in March 2020. However, experts say that the next three to four weeks will be crucial to assess whether there will be a new wave or not.

A comparison of the last two months shows that Bengaluru had reported 610 Covid cases with one death in December as against 1,457 cases and zero death in November. The crucial indicator of Covid spread is the Test Positivity Rate (TPR) which has decreased in the last week as well. According to the data from the Department of Health and Family Welfare of Jan 1, the TPR of the state was 0.38 pc while the last week of December's TPR was 1.05 per cent.

While the TPR is either declining or continuing to be stable, the number of cases may slightly go up as the testing has been increased. BBMP Chief Commissioner Tushar Giri Nath said, "Earlier, we were testing 1,500 people a day. However, as per the revised mandate from the government, we have increased testing. We have been given a target to test at least 5,000 people a day and we are currently testing around 6,000 a day. So far, there has been no fear of Covid resurgence in Bengaluru."

A health expert added that December-end of 2022 was in stark contrast with the situation witnessed in December end of 2021. There has been no increase in severity of Covid cases since the Omicron wave. One needs to wait cautiously as to how the Covid explosion in China and other East Asian countries will impact the country.

Meanwhile, a member of Covid Technical Advisory Committee said, "Based on the directions from Chief Minister Basavaraj S Bommai, we have asked for an opinion from experts of Indian Institute of Science and other institutes. A committee of scientists, mathematicians, statisticians, doctors and TAC will submit a report within a week on whether there will be a new wave in the State and possible infection rate. The report is crucial to help us to ramp up the infrastructure. During the previous waves, we have seen that there was shortage of beds, oxygen and medicines etc. So, this time, we can prepare ourselves by ramping up the health infrastructure."

Health workers collect swab samples at CV Raman General Hospital (file)

> **We have been given a target to test at least 5,000 people a day and we are currently testing around 6,000 a day**
>
> –Tushar Giri Nath, BBMP Chief Commissioner

In a series of tweets, Vijayanand, a Covid Data Analyst explained that as per the latest update in GISAID, the Covid variants found in China have been reported from other parts of the globe earlier. For example, BA.5.2 is the variant causing a surge in China. BA5.2 variant had already caused a small surge in July in India and hence a new surge may not happen again here. The US Covid chart shows the cases have started to drop after a small increase.

"On the other hand, Japan, South Korea, and Hong Kong are showing signs of a fresh surge now. The common variants found in these countries were present in India in the last three to four months. So, it looks like there may not be a fresh wave in India as the variants found in East Asia countries were already in India many months ago. Genomic surveillance is important but there is no reason for a concern at this moment. The current Covid trend in India continues to remain low," he said.

Big fat wedding? Not in post-covid era

Shreyashi Mukherjee
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TWEETS @BangaloreMirror

Post covid, wedding planners say there has been an increase in the number of people who are opting for intimate weddings.

The wedding planners say that with less people present, the hosts are able to provide better and qualitative experience to their guests.

Anjali Ratnam, business owners of Rings and Roses, a wedding planning firm, said, During pre-covid times, people were naturally geared towards having a big wedding. However, post-covid, people had no option but to scale down their weddings and once they started doing that, they realised that with a smaller number of people present they were able to give them more attention and improve the experience. They were also able to list covid as a reason for not inviting a lot of people, hence no sentiments were hurt and the couple getting married realised that with a smaller number of people present, they could actually enjoy the process instead of spending time interacting with people they hardly know."

Less is more in weddings of today

The wedding planners also say that a lot of the people also want to spend their special day with their loved ones, hence the trend has continued even after covid.

Rashida Abuwalla, founder, I Do! Weddings and Occasions, another wedding planning firm, added that while budgets have certainly not gone down for a wedding, a smaller guest list enables the clients to spend on decor elements, destination weddings, giveaways etc, to make the wedding and experience to remember.

She added, "The pandemic years have given clients a lot to think about when it comes to spending quality time with their loved ones. A wedding would then best be enjoyed by giving every special guest an experience to remember."

Even the people say that they want to do away with the tradition of calling people who are not closely related to them. Jayan Krishnan, a resident of Whitefield, said, "I recently got married and I did not want to have a long guest list because I wanted to spend my special occasion only with the people I loved and adored the most. Overall, I invited a total of 50 people which included my closest family and friends."

Parag Hurkat, residing in Sarjapur, said that for his wedding, a small guest list enabled him to spend more on the decorations, food menu and even the photographers and videographers. "Since it was just close friends and family, I felt like I could enjoy much more."

Female student stabbed to death

A 19-year-old girl was fatally stabbed at a Bengaluru college on Monday by another student. After the attack, the accused made an attempt to take his own life but was saved and taken to the hospital. It is suspected that the accused allegedly killed the girl after being rejected in a love proposal.

The attacker has been identified as Pawan Kalyan, and the victim was a first year B.Tech student. The accused, who studied at a different institution, came to the college along with his friend with the intention to kill the victim.

Pawan harboured resentment toward the girl for turning him down. Sources claimed that she was in love with another boy. However, according to the authorities, they have not yet determined the cause of the murder.

The incident took place under the jurisdiction of Rajanukunte Police Station. **–Ahna Prakash**

Fake cops extort Rs 80 lakh

A group of people extorted Rs 80 lakh from a nut trader's driver by pretending to be fake policemen. The incident took place in the jurisdiction of Wilson Garden Police Station.

The police have registered a case based on the complaint filed by the victim Chandan. Chandan works as a car driver for Mohan, a nut trader of Kunigal taluk. On December 27, Mohan had given Rs 80 lakh in cash to Chandan and asked him to give it to an acquaintance.

Later, Chandan was stopped at Rivoli Junction at around 1.30 pm.

"One of the miscreants was wearing a sub-inspector uniform and the rest were wearing police constable's uniform. Two attacked us and took two bags containing money and stole the car keys," said the complainant.

He was later told by the miscreants to go to Wilson Garden police station to collect the money.

An officer said that teams have been sent to neighbouring states to arrest the accused. **–Ahna Prakash**

kotak Kotak Mahindra Bank

NOTICE

Locker hired by **Mrs. Bahavani Prasad** having address at #855, 5th Block, 17th F Main RajajiNagar, Bengaluru – 560010, with the Malleshwaram 10th Cross branch of Kotak Mahindra Bank Ltd., situated at No. 25 & 26 Margosa Road, Malleshwaram, Bengaluru - 560003, has remained unoperated for the past 3 years & The rent for the locker is also due from past 3 years. Out of the 3 letters sent to **Mrs. Bahavani Prasad** calling upon them to operate the locker, the first 2 letters were delivered, but the customer is not contactable. It is hereby informed that despite this notice, if the said locker is not operated by **Mrs. Bahavni Prasad** within 3 months from the date of this notice, break open of the said locker will be done on 3rd April 2023.

kotak Kotak Mahindra Bank

NOTICE

Locker hired by **Mr SANTHANAM BHASKARAN** having address at Flat No. 302, Sri Guru Residency, No.4, Sri Vinayaka Layout, 50 Feet Road, Sanjay Nagar, Bengaluru, Karnataka – 560094, with the Malleshwaram 10th Cross branch of Kotak Mahindra Bank Ltd., situated at No. 25 & 26 Margosa Road, Malleshwaram, Bengaluru - 560003, has remained unoperated for the past 3 years & the rent for the locker is also due from the last 3 years. Out of all the 3 letters sent to **Mr. Santanam Bhaskaran** calling upon them to operate the locker, the first letter got returned unserved. The remaining 2 letters were delivered. The customer has also informed that he will visit the Branch and clear the dues, but no response after that.. It is hereby informed that despite this notice, if the said locker is not operated by **Mr. Santanam Bhaskaran** within 3 months from the date of this notice, break open of the said locker will be done on 3rd April 2023.

Ray of hope for ITI Layout infra

Work has begun on redoing footpath, drains and roads will be fixed too; residents of area hope for quick completion

Iffath.Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

Residents of ward number 61 of ITI Layout Main Road are a relieved lot. After suffering for years without proper infrastructure, finally development work has kicked off in the area. Workers are busy redoing footpaths, drains and fixing roads.

In the area, footpaths were in a deplorable condition. Filled with debris and trash strewn all around, there was no space for pedestrians. This apart, parts of the footpath were broken and unsafe for use.

Residents of the area also had issues due to the choked drains. During the rains, the layout would get flooded. During the heavy rain of September and October, the entire locality was flooded.

The underground pipelines were narrow and not able to hold enough water. Now pipelines of higher diameter have been placed, so it is expected to have the adequate capacity and the area will have better water draining.

MLA Akhanda Srinivas Murthy said, "Over Rs 70 crore have been sanctioned for the development works. The entire stretch starting from the church near Pottery Town upto Ganesha temple in ITI layout will be taken up for development. The funds were provided under the AMRUT scheme- for providing basic services to households and building amenities in the cities. The roads which are in a bad condition will also be asphalted."

The residents of ITI Layout are happy with work on the footpaths. "For several years, the footpaths have been in a bad shape. Near the church, the footpath is even encroached by a vehicle service station as they put their equipment on the footpath.

At certain stretches, people have even thrown old clothes which have just been lying there. Certain parts are even encroached upon as some temporary shelters are made there," said Aemon, a resident of ITI layout.

Another resident said there is a need for road works to be completed in a timely manner. "The road drains cannot be kept open for long as it will create health hazards and is even dangerous for the people while they walk down or commute through these stretches."

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I, DHANANJAYA M alias DHANANJAYA NAIDU alias DHANANJAYA MANNAR, S/o Narasimha Mannar Naidu, R/o 1118, 5th A Cross, Triveni Road K N Extn., Yeshwanthpur Bengaluru - 560022, have changed my name as DHANANJAYA M NAIDU vide affidavit dated 31st Dec 2022 sworn before notary Rajanna S.M, Bengaluru.

I, Nagavaishnavi. A.M W/o Deepak Chandra.S.R R/o NO. 1315,7th Cross,20th Main Road,J.P.Nagar 2nd Phase, Bengaluru 560078 have changed my name to Nagavyshnavi.A.M for all purposes.

I, SHYLAJA, W/o KARAT CHATUKUTTY BALAKRISHNAN, R/o #406, Pavani, Oakridge, Green Garden layout, Saibaba Temple Road Munekolala, Marathahalli Bengaluru - 560037, Karnataka have changed my name as SHYLAJA BALAKRISHNAN vide affidavit dated 31st Dec 2022, sworn before notary Rajanna S.M, Bengaluru.

I, SUMATHI, Aged 41 yrs, D/o. Chinnappan, R/o. #19/2, 9th Crs, Rayasandra Circle, Shiva Reddy L/o, Hosa Road, Blr-100, have changed my name to MARY JOYCE CHINNAPPAN for all purposes.

I, Praveen kumar R/o No 276, Ground Floor, 8th C Main, 3rd Stage, Manjunath Nagar, Bangalore, Karnataka - 560010. have changed my name to Praveen kumar Revankar

I, SHIFFALI SHETTY K alias Shiffali Shetty Kaup alias Shiffali Dhananjaya, W/o Dhananjaya M Naidu, R/o 1118 5th A Cross, Triveni Road, K N Extn., Yeshwanthpur Bengaluru - 560022, have changed my name as SHIFFALI SHETTY, vide affidavit dated 31st Dec 2022, sworn before notary Rajanna S.M, Bengaluru.

I Rumana Afreen Khateeb W/O Muzammil Basha Kharuri resident of No.54, 1st cross Subhashchandra Bose Road Bendre Nagar Bangalore-560078, have changed my minor child's name from Mohammed Raeed (old name) to Mohammed Raeed kharurui (new name) for all purpose wide affidavit sworn before Notary Mr. Arun R Naik

I Prachi Bakul Bhavsar R/o B006 Platinum Lifestyle Apartments 80 Feet Road Kothanur Jp Nagar 8th Phase Bangalore 560083 have changed my minor son's name who was born on 08.07.2017, from Dhruv Saurabh Torne to Dhruv Bapat vide affidavit dated 31.12.2022 for all purposes

I, Manjusha Narasinha Mankar R/a #9191 Leval 19, Tower 9, Prestige Lakeside Habitat, Varthur Main Road, Bangalore 87. I have Changed my name to Manjusha Mankar. vide affidavit dated 02-01-23 sworn before notary B. Sheshagiri Bangalore.

I Priyanka Bharath Jadhav W/O, Bharath Kumar Jadhav R/o Flat No A 103, Jr Makwoods Aptmt, Old Mangammanpalya Road, Bommanahalli, Bangalore - 560068 have changed my name to Priyanka Jadhav

I, Ananda Thimmegowda R/o Huskur, Aralumallige post, Doddaballapura Tq, Bangalore Rural-561203 have changed my name to Anand Thimmegowda affidavit date 02/01/2023 notary Ganesh Gowda M.V Bengaluru

I, KARTHICK alias KARTHICK P, S/o Prabakar, resident at CS-03, Alaya By Essem 18, Harlur Road, Off Sarjapur Road Ambalipura, Bengaluru - 560102, Karnataka, have changed my name as KARTHICK PRABAKAR, vide affidavit dated 02.01.2023 sworn before notary Rajanna S.M, Bengaluru.

I Rumana Afreen Khateeb W/O Muzammil Basha Kharuri resident of No.54, 1st cross Subhashchandra Bose Road Bendre Nagar Bangalore-560078, have changed my minor child's name from Fathima (old name) to Fathima kharuri (new name) for all purpose wide affidavit sworn before Notary Mr. Arun R Naik

I Muzammil Basha Haroon Rasheed (old name) resident of No.54, 1st cross Subhashchandra Bose Road Bendre Nagar Bangalore-560078, have changed my name to Muzammil Basha Kharuri S/O Haroon Rasheed (new name) for all purpose wide affidavit sworn before Notary Mr. Arun R Naik

I, Mohammed Wahidulla Mohammed Rahamathulla, R/a,91,1st Main,4th Crs,RBI Extn, Jayanagar 3rd Block East, Bengaluru-11. I, have changed my name to MOHAMMED WAHIDULLA SHARIFF , Vide affidavit dated 31/12/2022 sworn before notary V. Rajashekhara, Bangalore

I, Priyanka Krishna Kumar W/o Suhan M.V. R/o #42, 5th Cross, Gowdanapalya B'lore 560061 have changed my name to Priyanka Krishna vide affida -vit dtd 02.01.2023, sworn before notary Aravind Patil G.G

I Kalavathi Lakshmane Gowda R/o # 23/24 Kerekodi main road kalabhavana D'souza nagar hosakerehalli B'luru-560085 have changed my name to Doddapalya Marigowda Kalavathi Lakshmane Gowda for all Purposes

I, Murali P S/O, Perumal R/o Tower9 S3 Mana Tropicale Apartments, Off Sarjapur Main Road, Chikanayakkanahalli Village, Carmelaram Post, Bangalore - 560035 have changed my name to Murali Perumal for all purposes.

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20 DWCCs to be semi-automated

CONTINUED FROM PAGE 1

where rag pickers mine for high-value refuse to earn a livelihood. The community members are wholly dependent on discovering high-value waste for their financial well-being and have to spend hours looking through piles of trash.

A senior BSWML official BM spoke to said once dry waste is collected at DWCCs, it is further sorted by the rag picker community. "To make it more convenient for them, we will be installing belt conveyors. The dry waste will be placed onto the belt and the rag pickers will be stationed at various points to segregate and sort the same. Rag pickers will be assigned on either side of the belt and each person will be tasked with a particular category of material. These materials will be collected in separate bins," the official said.

After collection, the waste is baled using machinery and will be shifted to various agencies for further processing. The move is expected to expedite the sorting process as well as provide an organised outlook to the DWCCs. "We will also provide tables and chairs for the convenience of rag pickers. Previously, they had to sit on the floor and work for hours," he added.

Meanwhile, organisations providing support to the DWCCs appreciated Palike's efforts and called for the mechanisation of all DWCCs in the city.

"We were the first DWCC (ward no. 44) to demonstrate it three years ago. We have been asking the BBMP to implement it at all DWCCs. However, the efforts cannot be through a cookie-cutter approach.

There is a need to upgrade DWCCs but it should be based on space availability. Firstly, the Palike needs to construct buildings that can house such machinery. Additionally, the BBMP needs to take a decision on who will maintain the infrastructure after installation," said Nalini Shekar, co-founder of Hasiru Dala.

DWCCs of 3-4 TPD (tonnes per day) capacity are being planned in Kottigepalya, Rajarajeshwarinagar, HMT, Ullalu, Jnanabharathi, Gandhinagar, Adugodi, Ejipura, Shakambarinagar, Gottigere, Sunkenahalli, Shettyhalli, Mallasandra, Doddanekkundi, Marathahalli, Bellandur, Shanthalanagar, Hoysalanagar, Jalahalli, JP Park and Bilekahalli. While some existing DWCCs will be upgraded, a few will be built according to new requirements.

MLA booked in bizman suicide, CM assures action as per law

Former Karnataka minister and BJP MLA Arvind Limbavali is among six people named in the FIR in connection with the death of a businessman, police said on Monday.

Pradeep (47) was found dead in his car at Nettigere near here on Sunday evening, they said, adding that he had allegedly shot himself in the head.

He had purportedly left behind an eight-page death note that named Mahadevapura MLA Aravind Limbavali and five others, according to police.

Limbavali is accused number 3 in the FIR, which also names — Gopi K, Somaiah, Ramesh Reddy G, Jayarama Reddy, and Raghava Bhat.

The case has been registered at Kaggalipura police station. The FIR is based on a complaint by Pradeep's wife along with the death note.

Responding to a question on the case registered against Limbavali, Chief Minister Basavaraj Bommai said: "Action is being taken as per law... actions will follow in the future too in accordance with law."

Stating that Pradeep was a BJP worker and had initially handled his social media account, Limbavali on his part said he had only tried to help the businessman, and was ready for any inquiry. "In fact, I demand for an inquiry, for the truth to come out." **PTI**

Waste management, done intelligently

Electronics City Industrial Township Authority to leverage use of smart waste management software for phasing out rejected waste by 2026

By 2026, no rejected waste should reach landfills: ELCITA

Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMIRROR

The Electronics City Industrial Township Authority (ELCITA) plans on phasing out rejected waste completely by 2026 using smart waste management software.

By the year 2026, ELCITA wants to completely phase out rejected waste from reaching landfills. All waste generated will be either recycled or converted to compost or biogas. In this regard, ELCITA will leverage its smart waste management software to reach its goals.

The software will allow the Command Centre located at the headquarters to live-track the complete journey of waste and also will provide a holistic view of the workings. Routine audits of the waste collected and processed will be updated on the platform. With the garbage pick-up vehicles fitted with GPS, they can be live-monitored through the platform. Non-attendance of vehicles and breakdowns could be spotted and attended immediately.

To facilitate the services, ELCITA has floated a tender for inviting agencies to perform SWM services. The SWM vendor will be responsible for onboarding apartments and companies after conducting a thorough audit.

Junior Engineer, Sustainability Division, ELCITA, Brunda said, "We will be collecting waste daily under dry, wet and hazardous waste. Vehicles have different compartments to collect waste separately. The collected waste is immediately weighed and updated in our system. Following the polluter-pays model, we have set limits for waste generated at the source, and exceeding the limits, they will have to pay extra for services rendered. Each source will get alerts about the waste collected from their premises. Further, the dry waste will be segregated into 38 categories, wet waste will be given to the biogas plant. Mixed waste will also be segregated further and rejected waste sent to the Doddaballapur landfill. The software takes in details of all the expenses and generates a profit-loss statement every month."

ELCITA has a 100 kg capacity biogas plant to process the 4TPD wet waste being generated. E-waste will be collected in a facility and sold to the concerned retailer by ELCITA.

Vehicle drivers have to login into an app and are assigned tasks and routes through the app itself.

> **Following the polluter-pays model, we have set limits for waste generated at the source, and exceeding the limits, they will have to pay extra**
>
> – Brunda, Junior Engineer, Sustainability Division, ELCITA

Using the live tracking of waste, they plan on phasing out reject waste completely by 2026. Customers will raise complaints regarding service issues or service personnel through the app itself. Starting with 30 per cent of reject waste, they want to reach 0 percent of waste by 2026.

The SWM vendor will be held responsible for providing at least three vehicles and drivers for the task. They will also keep track of at-source segregation and notify about non-compliant sources. They will also be tasked with conducting awareness drives to bring them on board. Vendors would have to maintain the hygiene of the waste collection facilities and maintain photos of the same, Storage of waste will not be permitted for more than 15 days, and rejected waste will have to be disposed of daily. The facilities will have to go through an air quality check every three months,

To encourage the reuse of materials and discourage the use of plastic, they have started a cutlery bank. Any users can avail of the services free of cost and not use disposable plastic cutleries.

Failure to comply with these requirements, ELCITA will file penalties on the vendor per day. For eg: If the service provider does not collect waste from a company for more than a day, the service provider will be levied a penalty of Rs 5,000 per company for each day. Non-data data entry for more than 2 days will amount to a fine of Rs 1,000 /day etc.

New year, better highways?

Sridhar.Vivan@timesgroup.com
TWEETS @sridharvMIRROR

With constant criticism coming their way for the poor upkeep of their roads, the National Highways Authority of India (NHAI) is planning on using state of the art technology to repair its roads.

Union Transport Minister Nitin Gadkari said, "During the construction of the Nelamangala-Devihalli road, we have used Fibre Reinforced Micro Surfacing to enhance the flexural strength of the micro-surfacing mix and significantly improving the crack resistance and long-term durability. The Nelamangala-Devihalli corridor has been strategically developed as many industries and peripheral ring roads are proposed connecting the highway."

'Fix Bengaluru-Mangaluru Road'

In a series of tweets, Gadkari said that the Nelamangala-Devihalli section of the NH-75 has been constructed successfully. However, netizens say that the NH-75 stretch after Hassan that connects Bengaluru to Mangaluru is in a terrible shape and the union government should repair the roads at the earliest.

'No tunnel at Shiradi'

Every year, the Shiradi ghat road becomes a nightmare for travellers. As this is one of the major connecting roads, vehicles are often stuck. The State and Centre has been proposing construction of a multi-tunnel project at Shiradi ghat as a permanent solution. However, the tunnel project may not happen anytime soon.

During a recent reply in Lok Sabha, Gadkari clarified, "To facilitate immediate relief to the traffic, it was decided to develop the existing two-lane road to four-lane configuration with improvement in the geometrics by providing suitable retaining structures. Accordingly, DPR Consultant has widened the four-lane highways and a detailed project report is in progress."

As per the earlier proposal, the entire Shiradi ghat tunnel project was to be of 23.6 km and the project cost was pegged at Rs 10,000 crore. It would be a series of six tunnels with a total length of 12.60 kms. The series of tunnels will be connected with bridges while the longest bridge on the Shiradi ghat stretch would be of 1.5 km and the tallest pier supporting one of the bridges would be at a height of 100 metre. It would be a two-lane tunnel with 10.5 m carriage way and an emergency lane.

Travellers' nightmare

During rainy days, the Shiradi ghat faces closure there by affecting the traffic between Bengaluru and coastal cities. Hence, for a long time, there is demand for all-road connectivity. There is always a demand for a good connectivity road between Bengaluru-Mangaluru routes due to frequent landslides during the rainy season.

Besides Shiradi ghat, works need to be completed on four-laning of the 48-km highway stretch from BC Road to Periyashanti. The road construction has been in limbo and fresh tenders were called for. This 63-km is a crucial link passing through towns and then patches of forests.

NHAI will use special tech to fix the roads

Murder over earphones

CRIME FILES

A fight that started over earphones during a birthday party ended in murder.

The victim has been identified as a 27-year-old man named Karthik. The incident took place in Parappana Agrahara Police Station limits.

It began when a party was organised for the birthday of the accused, Rajneesh.

"After the party was over, on the night of the murder, Rajneesh's earphones were missing. The fight started when Karthik took the earphones. All the friends present supported Rajneesh and beat up Karthik, and he died on the spot," said the police.

The police have taken two accused Rajneesh and Ravi into custody. –BMB

Man attacks CISF officer at airport

A passenger has been arrested for assaulting a female officer of the Central Industrial Security Force (CISF) at the Kempegowda International Airport.

The accused allegedly assaulted the CISF officer while his documents were being verified, according to the police. The police also stated that the passenger was drunk.

The accused has been identified as Jockey Ammanur Khasim.

Dhaneshwari Kuttam, a CISF officer, was performing the security checks. The suspect had told the officer that his green card had been lost. The officer had requested that he submit a complaint and had given him forms.

The accused then hit her and abused her, said the police. –BMB

Foggy weather
Met Department said dense to very dense fog and cold wave conditions are likely to prevail over the plains of northwest India during the next five days

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SC upholds legality of 2016 note ban by 4:1 majority

'Decision not flawed'; Dissenting judge calls move 'vitiated, unlawful'

#NEW DELHI

The Supreme Court on Monday upheld the legality of the Centre's 2016 decision to ban Rs 1,000 and Rs 500 currency notes, saying the decision-making process was neither flawed nor hasty and that it is "not relevant" whether the stated objectives were achieved or not.

A Constitution bench by a 4:1 majority also held that demonetisation is not bad in law merely because some citizens suffered through hardships. The decision does not suffer from illegality as there was consultation between the RBI and the Centre for a period of six months before the notification under challenge was issued, it said.

The shock move to demonetise 86 per cent of the country's cash in circulation overnight in a bid to tackle black money and corruption was announced by Prime Minister Narendra Modi in a televised address on November 8, 2016. Scrutinising the entire record on demonetisation, the bench said there has to be great restraint in matters of economic policy and the court would not interfere with any opinion formed by the government if it is based on the relevant facts and circumstances or based on expert's advice.

In this 2016 file photo, people stand in long queues to exchange their old notes and withdraw cash from an ATM in New Delhi

"The decision had a reasonable nexus with its objectives, such as eradicating black money, terror funding etc., and it is not relevant whether those objectives were achieved or not," the court said, adding such decisions required to be taken with utmost confidentiality and speed. "The individual interests must yield to the larger public interest sought to be achieved." Justice B V Nagarathna dissented from the majority judgment and said the demonetisation of high-value currency notes was "vitiated and unlawful."

Holding that Parliament cannot be "left aloof" in a matter of such importance and its views on demonetisation were critical, Justice Nagarathna, who was the junior-most judge in the bench, noted there was no independent application of mind by the Reserve Bank of India (RBI) and the entire exercise was carried out in 24 hours. At the same time, the judge said it is beyond the pale of doubt that the demonetisation measure, which was aimed at eliminating "depraved practices" like hoarding black money and counterfeiting, was well-intentioned.

The judgement came on a batch of 58 petitions including one filed by Vivek Narayan Sharma challenging the demonetisation exercise.

On the issue of hardships suffered by citizens, the court said if the RBI notification had a nexus with the objectives to be achieved, then, merely if some citizens have suffered through hardships would not be a ground to hold the notification to be bad in law. "The contention that the impugned notification is liable to be set aside on the ground that it caused hardship to individual/citizens will hold no water."

The sudden note ban decision sparked anxiety as banks and ATMs witnessed serpentine queues. Demonetisation was also blamed for people losing their livelihoods and small businesses having to shut shop. The bench headed by Justice SA Nazeer and also comprising justices BR Gavai, AS Bopanna and V Ramasubramanian, said the November 8, 2016 notification cannot be said to be unreasonable and struck down. **– PTI**

Delhi hit & run: Home Minister seeks report

#New Delhi

Union Home Minister Amit Shah on Monday directed his ministry to seek a detailed report from Delhi Police over the Kanjhawla incident in which a woman's body was dragged for several kilometres by a car after it hit her scooter. Following direction from Shah, the Ministry of Home Affairs (MHA) wrote a letter to Delhi Police Commissioner Sanjay Arora seeking a detailed report on the incident that took place on New Year's morning in the Kanjhawla area in outer Delhi. Special Commissioner of Police Shalini Singh has been asked to submit a detailed report to the MHA after a proper inquiry. "Ministry of Home Affairs under the direction of Union Home Minister Amit Shah on Monday sought a detailed report from Delhi Police Commissioner on the Kanjhawla incident. Special Commissioner in Delhi Police Shalini Singh has been asked to submit the detailed report to the MHA," a government source said.

Video grab of a car that reportedly hit a woman, in the Sultanpuri area of Delhi on Sunday

The direction came hours after five men were arrested by Delhi Police in connection with the death of the 20-year-old woman. **ANI**

Zomato Co-founder Gunjan Patidar quits

#New Delhi

Online food delivery platform Zomato's Co-founder and CTO Gunjan Patidar quit after more than 10 years, the company announced on Monday. This is the second high-profile exit at the company. In November last year, Zomato co-founder Mohit Gupta had moved on after about five years at the food aggregator.

In a regulatory filing, Zomato said that Patidar was one of the first few employees of Zomato and built the core tech systems for the company. "Over the last 10+ years, he also nurtured a stellar tech leadership team that is capable of taking on the mantle of leading the tech function going forward. His contribution to building Zomato has been invaluable," said the company. Zomato shares closed at Rs 60.26 apiece on Monday, up 1.52 per cent. The company said that Patidar was not designated as key managerial personnel under the Companies Act, 2013. **– IANS**

Betting on outcomes of games will not be allowed: MoS IT

#New Delhi

Online gaming companies will not be allowed to engage in betting on the outcome of games under the principle laid in draft rules, Minister of State for Electronics and IT Rajeev Chandrasekhar said on Monday. The minister said that as of now, all permissible online gaming will need to be registered with a self-regulatory organisation that will be accountable to the online gaming rules.

"As per the principles laid under the rule, wagering on the outcome of game will not be allowed. All online gaming companies will have to register with the self-regulatory body that will decide on the action required to be taken as per the rules," Chandrasekhar said.

The Ministry of Electronics and IT has published draft rules for online gaming companies and has invited comments on the same by January 17. The government has proposed a self-regulatory mechanism, mandatory verification of players and physical Indian address for online gaming companies, according to the draft online gaming rules.

Online gaming companies will be covered under the new IT rules that were issued in 2021 for social media platforms. Online gaming platforms are expected to comply with the laws of the land, including any such law that relates to gambling or betting. "If you bet on an outcome of the game, it is prohibited. The self-regulatory organisations will develop filters and tests required to decide permissible gaming, be it a game of chance or game of skills or anything else," Chandrasekhar said.

He said that the objective of the rule is to grow the online gaming sector and encourage innovation. "We are not policing. Online gaming is USD 200 billion industry. India has a tremendous amount of potential in terms of startups and investments.," Chandrasekhar said. **– PTI**

Recession will hit third of the world this year: IMF chief

#Washington

A third of the global economy will be in recession this year, the IMF chief has said, and warned that 2023 will be "tougher" than last year as the US, EU and China will see their economies slow down. Kristalina Georgieva, the chief of the International Monetary Fund (IMF) made these grim assertions on Sunday during a CBS news programme "Face the Nation."

It comes at a time when the ongoing conflict in Ukraine shows no signs of abating after more than 10 months, with spiralling inflation, higher interest rates and the surge in coronavirus infections in China fuelled by the Omicron variant. "We expect one-third of the world economy to be in recession," Georgieva said on the news programme. The year 2023 will be tougher than last year because

WORLD

A man walks by monitors showing Japan's Nikkei 225 index and other countries' stock market indices at a securities firm in Tokyo, in this file photo

the economies of the US, the EU and China will slow down, she said.

"Even in countries that are not in recession, it would feel like a recession for hundreds of millions of people," she explained. In October last year, the IMF trimmed its growth forecast for 2023. "Global growth is forecast to slow from 6 per cent in 2021 to 3.2 per cent in 2022 and 2.7 per cent in 2023.

This is the weakest growth profile since 2001 except for the global financial crisis and the acute phase of the Covid-19 pandemic," it said. China has scrapped its zero Covid policy and opened its economy following a wave of anti-government protests in the country. **– PTI**

HEALTH TIP: Eating even small amounts of fish can boost our brain health and help us think more clearly

Avocados help lower bad and increase good cholesterol, probably as they are high in monounsaturated fats, fibre and phytosterols

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BIT FIT

A few minutes of exercise per day can improve your muscle strength

The news of a hot chilli sauce shortages earlier this year – due to high temperatures and drought in agricultural region r to your food. But what prompts people to want to do this in the first place?

WOne of the most popular new year's resolutions is to exercise more. Many of us set ambitious goals requiring a big, regular commitment, but then abandon them because they're too much to fit in. Plans to exercise more in the new year are often broken within a month.

So how can we exercise more regularly in the new year?

If the aim is to build long-term fitness and health, the exercise must be sustainable. It may be achievable to resolve to do an extra few minutes of muscle-strengthening exercises every day.

Our research suggests even one muscle contraction a day, for five days a week, can improve muscle strength if you keep it up for a month.

Why do we need to exercise?

Physical activity guidelines recommended we perform 150 minutes of moderately intense exercise a week, as well as at least two muscle strengthening exercise sessions per week.

Skeletal muscle tissue declines with age, causing a loss of function and independence in older adults. So it's important to include muscle strengthening exercises regularly to stimulate skeletal muscles of the legs, arms and trunk.

However, many of us don't meet the physical activity recommendations to do both aerobic and muscle-strengthening exercises a week. The reasons include a lack of time, a lack of motivation, and no access to a workout facility.

It's important to address these barriers, as physical inactivity increases the risk of many chronic diseases such as heart disease, diabetes, cancer, osteoporosis (weakened bones), dementia, depression and anxiety.

Short bouts of exercise can boost your muscle strength

My research team's recent study found a small amount of regular resistance training can be better than doing one massive session, even if the amount of exercise overall was the same.

We asked participants to do an arm curl exercise consisting of 30 maximal contractions (so, contracting the muscle as hard as they could) each week for four weeks. One group did six contractions a day for five days a week; the other did 30 repetitions once a week.

The group that did them all in one go had no gains in muscle strength, whereas the group that spread the 30 repetitions over five days increased their muscle strength by more than 10 per cent.

In a separate study, we showed that doing one three-second bicep muscle contraction a day, five days a week, increased muscle strength by 12 per cent. Participants contracted their muscles from a flexed to an extended position, like slowly lowering a heavy weight.

In both studies, participants used special equipment in our lab, and used as much strength as they could, but lowering a heavy dumbbell slowly several times could deliver similar results.

Incorporate exercise into your daily activities

We are investigating the effects of five-minutes daily "eccentric" exercises on health and fitness of sedentary people. Eccentric exercises activate and lengthen muscles.

We have already investigated the effects of sitting in a chair slowly and found it is effective for improving leg muscle strength, chair sit-stand ability, walking ability, and balance in older adults.

Many of us sit down on a chair or a sofa more than ten times a day. So, if we sit down slowly every time we sit, we perform at least ten eccentric contractions of the muscles that work to extend the knee joints, a day. This is a good opportunity for us to perform eccentric exercise daily to simulate our leg muscles.

Eccentric contractions not only affect muscle, they can also improve health indicators such as blood pressure and cholesterol levels.

Start small, then build momentum

Our studies have focused on resistance exercise, but it also applies for aerobic exercise. Five minutes of walking every day can still be beneficial for your health.

However, if you're already doing regular gym workouts every week, adding a little exercise each day may not produce much of an added effect, so it is not necessary to replace a consistent regular exercise routine with smaller micro-sessions.

But for those starting out, who might find taking on a big exercise commitment daunting, doing a little bit of exercise, often, is a good start. Once your fitness has improved, you can add more exercise.

So what about setting a resolution to spend five minutes exercising every day in 2023?

(By Ken Nosaka, Edith Cowan University, The Conversation)

MIND, BODY & HEART

All you need to know about...

Dandruff

What is it?
Dandruff has enjoyed a chequered history. When I first studied dermatology it was considered a variation of the norm but now it's seen as a mild form of seborrheic dermatitis, a kind of inflammation that occurs in greasy skin.

Why are the symptoms?
Flakes of skin in your hair, eyebrows, beard area and upper back. A specific form in infants is cradle cap, where the scalp is scaly and crusty.

What causes it?
A rapid turnover of dead cells on the surface of the scalp forms scales, made worse by overshampooing with shampoos containing selenium.
A yeast-like fungus (malassezia) that feeds on oils on the scalps of most adults without ill effect is sometimes blamed.
Dry skin and sensitivity to hair care products (contact dermatitis) are other factors.

When is the treatment?
The aim of treatment is to calm the scalp, so always "underwash", meaning only one wash, then rinse very well. Dandruff isn't an infection so medicated shampoo is unnecessary.
Using a shampoo containing selenium can make dandruff worse as selenium is a scalp irritant. For mild dandruff, daily cleansing with a baby shampoo to reduce oil and skin cell build-up can help.
If that does not work try an anti-dandruff shampoo but only once or twice a week.
Stop using any product that makes your scalp burn or itch. If your scalp becomes inflamed, red, crusted and weeps, see your doctor for a prescription steroid scalp lotion and shampoo.

Self help
If possible de-stress your life. Stress worsens any skin condition. Outdoor activities in sunny weather are good for your scalp.
Give hair styling products a miss as they can build up on your hair and scalp and irritate it. Use the mildest shampoo for daily washes.

—Dr Miriam Stoppard, Daily Mirror

MIRRORLIGHTS

Insufficient insulin processing leads to being overweight: Research

Being overweight increases the risk of an imbalance in sugar metabolism and even of diabetes. A research group at the University of Basel has now shown the opposite is true as well: deficits in the body's insulin production contribute to being overweight.

Poor nutrition, too little movement and too many pounds on the scale -- lifestyle influences the risk of metabolic diseases like diabetes. But the relationship works the other way round as well, as a research group led by Dr. Daniel Zeman-Meier of the university's Department of Biomedicine and the University Hospital of Basel reports. If insulin production is compromised, as is the case in the early stages of type 2 diabetes, this can contribute to overweight. The researchers report their findings in the journal Nature Communications.

The research team focused on protease PC1/3, a key enzyme in

the body that transforms various inactive hormone precursors into the final, active forms. If this enzyme isn't functioning properly in a person, the result can be severe endocrine disorders. The consequences include a feeling of uncontrollable hunger and severe overweight.

"Until now, it was assumed that this dysregulation is caused by a lack of activation of satiety hormones," explains the study's leader, Dr. Zeman-Meier. "But when we turned off PC1/3 in the brains of mice, the animals' body weight did not change significantly." The researchers concluded from this that something other than a brain malfunction must be responsible. —ANI

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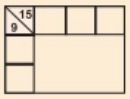
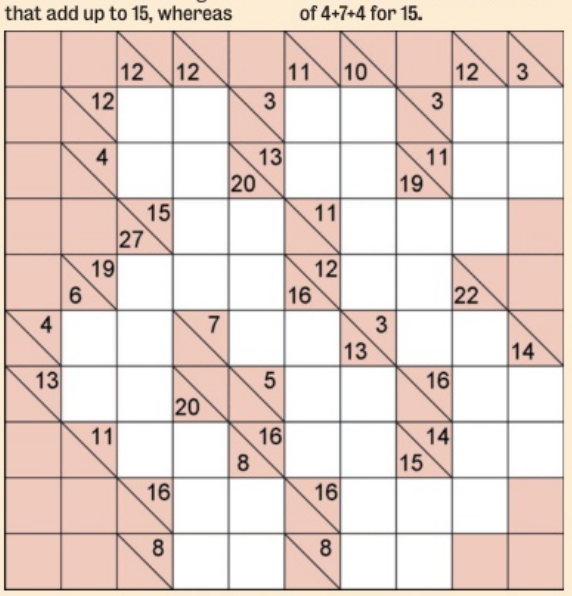
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

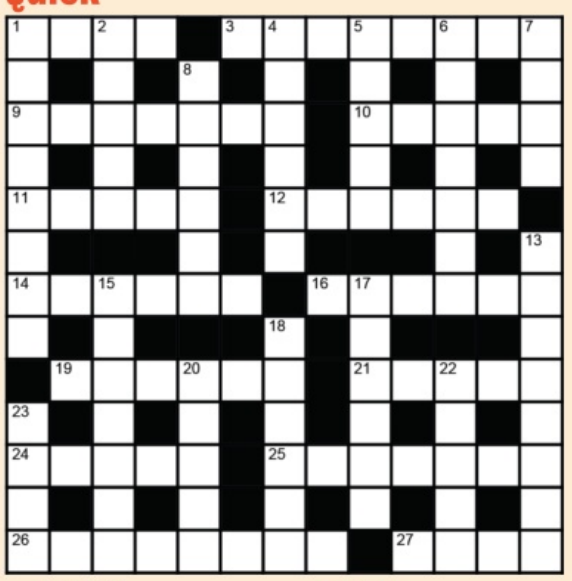


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Concludes (4)
3 Even-handed; unbiased (8)
9 Karnataka district known for its trekking trails (7)
10 Unsophisticated (5)
11 Factories (5)
12 Benevolent or compassionate (6)
14 Scottish landlords (6)
16 Earnestly attempt (6)
19 Place of work (6)
21 Japanese-American (5)
24 Florida city (5)
25 Vending (7)
26 At all times; ordinary (8)
27 Lower limbs (4)

DOWN

1 Group; outfit (8)
2 Boring tool (5)
4 Queen of Crime ___ Christie (6)
5 Per ___: yearly (5)
6 Tuscan wine (7)
7 Cervine animal (4)
8 Excited or awakened, in a way? (6)
13 Besets or surrounds (8)
15 Set on fire; enkindle passions in? (7)
17 Prickle; tremble (6)
18 Japanese hostess (6)
20 In a frigid manner (5)
22 Food flavouring (5)
23 Ex-India batsman Pravin ___ (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: M EQUALS G

TFLZNTM NO YFWJ ZPYNHN-RLNTM LZRT LF OJJ NKNFLO OPQQJJK NT JTLJWCWNOJO IJ ZRDJ ERNHJK NT.

Linemaro

People call be John, but you can call me Tonight!

Mindchow

Success is not final, failure is not fatal: it is the courage to continue that counts

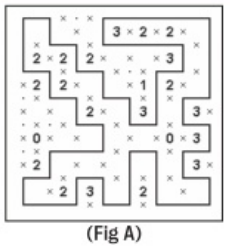
Joke of the day

Evening news is where they begin with 'Good evening' and then proceed to tell you why it isn't

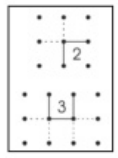
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



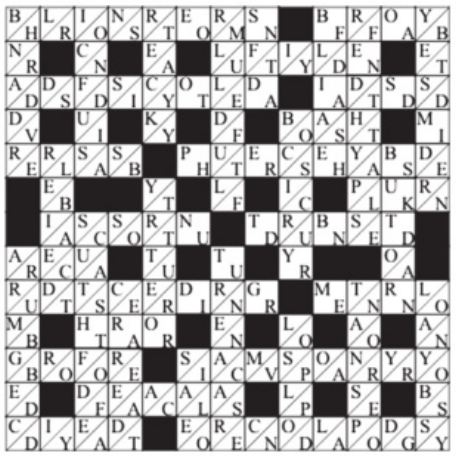
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

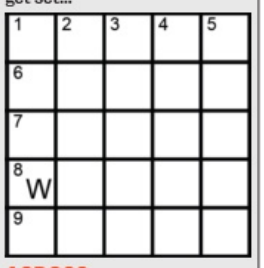
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

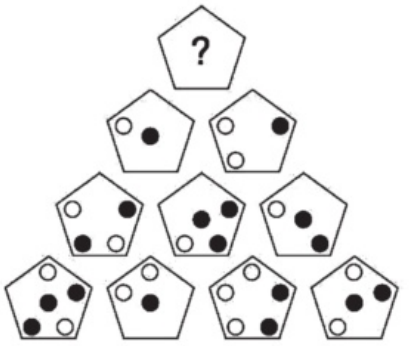
1 Certs; 6 Tiara; 7 Stair; 8 Hewer; 9 Slink

DOWN

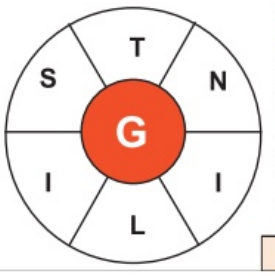
1 Raw LC; 2 Irish; 3 An tee; 4 Skirt; 5 Aster

Mensapuzzle

Which pentagon should replace the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

08 Average; **09** Good; **11** Outstanding

SudokuChallenge

9			6		2			7
6		8	7	4	1	5		3
		4		6		2		
3	1						7	5
		9		7		3		
4		7	9	3	8	6		2
8			5		7			9

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 4
4 7 8 9

Medium = 24
4 5 5 6

Hard = 5
1 8 8 3

Hocusfocus

Find at least six differences in details between panels.

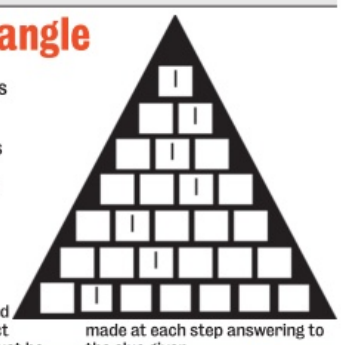
Differences: 1. Door is larger. 2. Radio antenna is added. 3. Leg is moved. 4. There are more leaves on the tree. 5. Polka dots are missing. 6. Newspaper is different.

Riddler

On Old McDougal's farm there are 29 animals, either ducks or sheep. If there are a total of 94 legs on the farm (not including the humans), how many sheep are there?

Alpha triangle

1 Third vowel
2 Computer smarts
3 Manner
4 Hot and dry
5 Spoke grievances
6 Joined in twos
7 Interpret speech without hearing



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

HOW CAN YOU TELL WHEN YOU'RE GETTING OLD, MAWSOLIAW?
I DON'T KNOW... YOU'D BETTER ASK YOUR GRANDMOTHER
I'M AFRAID ONE OF THE SIGNS IS YOU START ASKING DUMB THINGS!
10-17

Bizarrotrip

BIZARRO.COM
Wayno & 3 Piroro
10-27-22
I can't stand to be around my mother. Er, monster. I meant to say monster.
FRANKENSTEINIAN SLIP

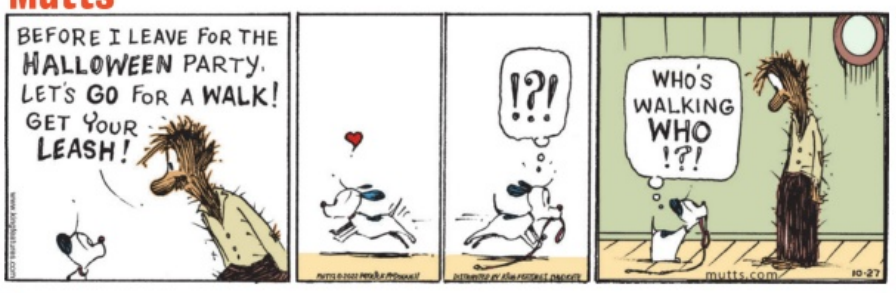
Diamond Lil

Hart of the city

Arnie the Dinosaur
ARE YOU SERIOUS? ISN'T THIS SHOW FOR TODDLERS?
IT'S TOTALLY FOR TODDLERS, BUT THE LORE IS QUITE COMPLEX!
REALLY?
YEAH, CHECK OUT THE ROBUST FANDOM WIKI!

Crankshaft

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today happiness may be around you, it can help you to enjoy your day to day work. Your vital power may help you to take difficult decisions, which will increase your profits in the near future. You may plan for a work related short trip. Subordinates and colleagues may support you to complete your work on time. Students may find themselves more focused in their studies. You are advised to control your eating habits to avoid stomach issues.

Taurus Apr 21 – May 20
Today you may feel dull, sleeplessness may affect your mental and physical health as well. You may also be upset due to health issues of your family member. Your expenditure on worthless stuff may affect your savings. You may be a victim of conspiracy, so you are advised to keep an eye on your opponents.

Gemini May 21 – Jun 21
Today you may start your day with happiness. At work, you may make quick decisions, which may give benefits in the near future. You may expect some new source of income, which may boost your savings. With the help of your partner, you may invest some amount in the business, which may be profitable in near future. Your understanding with the spouse may be increased, which may result in harmony in the domestic life.

Cancer Jun 22 – July 23
Today you may be busy at your office. Due to mental tiredness, you may not be able to give time to your family. With the help of elder's blessings, job seekers may get some high position in the job; managers may get promoted to top management. You may get rewards, which may increase your status. Professionally you may do better.

Leo Jul 24 – Aug 23
Today you may feel some positive power around you, which is showing you some right direction. There may be peace in mind, your performance on every front may be noticeable. Your destiny is with you. You may plan to visit a religious place which is somehow far from your territory. Your inner sense may ask you to do some charity. You may also hear some good news in terms of a grandchild.

Virgo Aug 24 – Sep 23
Today you may feel alone, you may find yourself in the self analysis process. You may expect some changes in your place or position. Your patience may be tested many times. You may be arrogant with the people around you, it may affect your personal life. You are advised to avoid adventure tours.

Libra Sep 24 – Oct 22
Today you may feel healthy. Your hard work may pay you in terms of gains. The money which was stuck, may be recovered now, it may increase your liquidity in the business. Job seekers may perform well in the interviews. Students are likely to hear good news in terms of academics. You may bring some creative stuff in the home or in the office to maintain social status.

Scorpio Oct 23 – Nov 22
Today you may perform well in the office. You may expect good terms with the boss. You may get a strong position in the job as well as in the organisation. But it is advised to keep an eye on your opponents and hidden enemies. You are also advised to maintain your routine to avoid lifestyle health issues. Job seekers are likely to find suitable jobs.

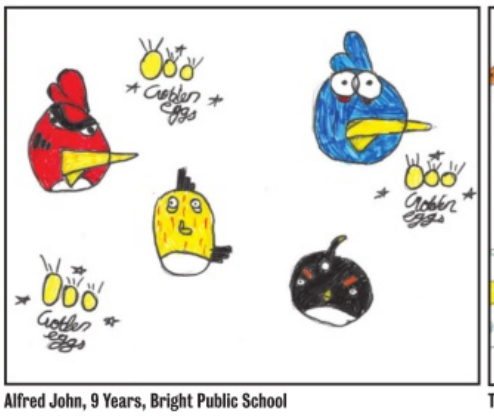
Sagittarius Nov 23 – Dec 22
Today till afternoon you may feel nervous. You are advised to use your intuitions before taking any initiative in terms of business, investments. Love birds are advised to avoid taking important decisions in terms of marriage. Students should put extra effort in their studies. With the help of blessings from elders, afternoon onwards things may be somehow under control. You may feel comfort now.

Capricorn Dec 23 – Jan 20
Today is not a good day, you may be disappointed. Your focus towards your work may not be good, it affects your routine work. Your projects may be delayed. It is advised to sustain you in the current situation. Investments in the fixed assets shall be postponed for a while. Plan of construction of a house or office is advised to be postponed.

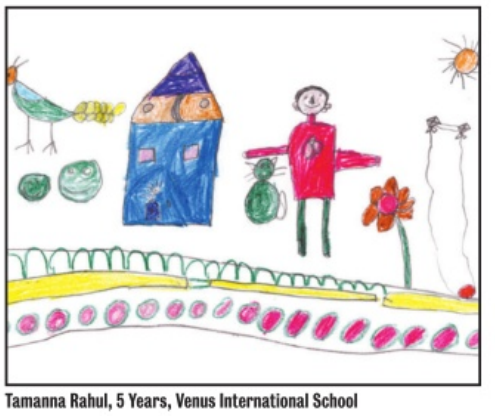
Aquarius Jan 21 – Feb 19
Today you may help needy people, it may increase your social respect. You may also put your hundred percent effort in your work, it may be completed before time. You may hear some good news from your sibling. Too much work may make you tired; you are advised to avoid stress today, otherwise stress can affect both your professional and personal life. You are advised to do meditation and do fasting today.

Pisces Feb 20 – Mar 20
Today good vital energy may make you happy. You have a good focus towards your project. Your working efficiency may be praised by your boss. Today you may expect good gain in your business, which may boost your financial health. You are likely to find love today.

KIDZONE



Alfred John, 9 Years, Bright Public School



Tamanna Rahul, 5 Years, Venus International School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
$=\sqrt{(100/16)}+\sqrt{(100/16)}$
$=10/4+10/4$
$=5/2+5/2$
$=5$

RIDDLER 18 sheep

BULL'S EYE
gilt, gist, glint, ling, LISTING, sign, sing, sling, sling, sting, tiling

FAST FIVE

C	R	E	S	T
R	I	A	T	A
W	H	E	R	E
L	I	N	K	S

QUOTE UNCODE
Nothing is more humiliating than to see idiots succeed in enterprises we have failed in.

STRIKE OUT

D	Y	E	D	■	O	E	N	O	L	O	G	Y	■	■
E	D	E	A	L	■	S	■	B	■	■	■	■	■	■
B	O	O	R	■	I	A	M	S	O	R	R	Y	■	■
B	■	H	A	O	■	E	■	O	■	O	■	A	■	■
U	T	T	E	R	I	N	G	■	M	T	N	L	■	■
R	C	A	■	U	■	R	■	A	■	■	■	■	■	■
A	C	O	R	N	■	T	U	N	E	D	■	■	■	■
■	E	■	T	■	L	■	C	■	P	U	N	■	■	■
E	R	A	S	■	P	U	R	C	H	A	S	E	■	■
V	■	I	■	K	■	F	■	O	S	T	■	M	■	■
R	N	■	A	■	U	T	I	L	■	E	■	E	■	■
A	D	D	I	C	T	E	D	■	A	D	D	S	■	■
E	D	E	A	L	■	S	■	B	■	■	■	■	■	■
B	L	I	S	T	E	R	S	■	F	R	A	Y	■	■

QUICK

G	S	■	■	■	■	■	■	■	■	■	■	■	■	■
E	V	E	R	Y	D	A	Y	■	L	E	G	S	■	■
B	■	■	■	■	■	■	■	■	■	■	■	E	■	■
S	E	L	L	I	N	G	■	■	■	■	■	B	■	■
M	I	A	M	I	■	S	E	L	L	I	N	G	■	■
A	■	L	■	C	■	I	■	G	■	P	■	E	■	■
O	F	F	I	C	E	■	N	I	S	E	■	I	■	■
E	■	N	■	G	■	I	■	■	■	S	■	■	■	■
L	A	I	R	D	S	■	S	T	R	I	V	E	■	■
B	■	E	■	A	■	■	■	T	■	B	■	■	■	■
M	I	L	L	S	■	H	U	M	A	N	E	■	■	■
E	■	L	■	U	■	T	■	A	■	R	■	■	■	■
S	H	I	M	O	G	A	■	N	A	I	V	E	■	■
N	■	R	■	G	■	N	■	H	■	E	■	■	■	■
E	N	D	S	■	B	A	L	A	N	C	E	D	■	■

MENSA PUZZLE
D: the contents of each pentagon are determined by the contents of the two pentagons immediately below it. Only when a dot appears in one of the corner positions or centre just once in these two pentagons, is it carried forward to the pentagon above.

SUDOKU

1	9	3	4	2	6	7	5	8
8	6	2	5	1	7	4	3	9
4	5	7	9	3	8	6	1	2
2	8	9	1	7	5	3	6	4
3	1	6	2	8	4	9	7	5
5	7	4	3	6	9	2	8	1
6	2	8	7	4	1	5	9	3
9	3	1	6	5	2	8	4	7
7	4	5	8	9	3	1	2	6

ALPHA TRIANGLE
I, Al, Alf, Alfd, Alfred, Paired, Lipread.

GO FIGURE
Easy
7 − 8 + 9 − 4 = 4
Medium
5 − 5 + 4 × 6 = 24
Hard
8 / 8 + 1 + 3 = 5

LOOP

KAKURO

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What's the buzz
Speculation rife about Tamannah-Vijay Varma dating after video of them hugging goes viral

There's no stopping those who feel blessed

Nepali beauty Manisha Koirala has had a long and successful stint in Bollywood, albeit with enough ups and downs, both personally and professionally. The 52-year old, who made her debut with Subhash Ghai's Saudagar in 1991, has battled cancer and a failed marriage to emerge stronger and is now extremely content with how things are placed in her life.

In a recent interview to Hindustan Times, the Dil Se actor opened up on trolling and discrimination in Bollywood, saying that though she is not immune to it, she does not dwell too much on it either. Elaborating further, Manisha said that she has never faced any bias due to her age or gender, so she has been extremely blessed on that front.

Moving on, the Mann actor said that when it comes to trolling, while she does get bothered like it is with everyone else, she would rather carry on with her life than wallow in 'victimhood' phase.

The beauty also expressed her appreciation for the kind of roles being specifically written for women at her age and how it is a huge step in the right direction. **–ETimes**

Stepping stones

Manushi Chhillar opens up about failure of her first film

After winning the prestigious Miss World honour in 2017, Manushi Chhillar kickstarted her journey in films. The actress signed up for 'Samrat Prithviraj' alongside Akshay Kumar, which was delayed and released in 2022 due to the pandemic.

The historical drama tanked badly at the box office and Manushi had now opened up about the failure of 'Samrat Prithviraj'.

> **From what I've understood, failure and success is very personal**
> –Manushi Chhillar, Actor

The actress stated that she never expected to act and get good or bad reactions.

Speaking about the feedback she got, Manushi further told News18, "I haven't taken them personally because it was work. From what I've observed and understood, failure and success is very personal. Luckily, most of the responses I received were good and so, I don't have anything to complain about. Yes, the film got mixed responses and that's perfectly fine." In another interaction, the actress also stated that she is keen to work with SS Rajamouli in the future.

Moving on from the debacle of 'Samrat Prithviraj', Manushi will be seen in action entertainer 'Tehran', co-starring John Abraham. Speaking about her shoot experience, Manushi had previously shared, "I want to learn and grow with every project that I get an opportunity to do. I want to constantly evolve into becoming an actor who is formidable in her craft and dependable to deliver performances that hopefully touch the hearts and minds of audiences. Tehran is one such film." **–ETimes**

Jeremy Renner 'critical but stable' after accident

Actor Jeremy Renner is in "critical but stable condition with injuries suffered after experiencing a weather-related accident while ploughing snow earlier today," his spokesperson said.

Renner, a two-time Oscar nominee, is the star of the returning Paramount+ series 'The Mayor of Kingstown' and Marvel's 'Hawkeye' series on Disney+ as well as the 'Avengers' and 'Captain America' films.

Deadline had heard word of an accident and that Renner had been airlifted earlier on Sunday to the hospital. His spokesperson said that his family is with him now and he is "receiving excellent care."

According to the Reno Gazette-Journal, Renner has a home in the area, near Mt. Rose-Ski Tahoe.

The region saw a winter storm hit on New Year's Eve that resulted in 35,000 homes across Northern Nevada's Washoe, Carson, Douglas, Storey and Lyon counties being without power as of this morning, according to the paper.

Renner scored a Best Actor Oscar nomination in 2010 for The Hurt Locker, and landed a Supporting Actor Oscar nomination the next year for 'The Town'. **–IANS**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

From dubsmash to direction

Raghavendra Parashuram aka Allu Raghu is gearing up to become a director. Allu Raghu, who hails from Hospet, is known for making dubsmash videos more than five years ago along with two others. Now he is trying his luck in handling the megaphone for a short movie – Saaviraroopayige Swarga – which is expected to be released shortly.

"It is a unique movie. The title – Saaviraroopayige Swarga – of this movie indicates that it has the content meant for adult audiences but the movie is all about emotions," said Allu Raghu, adding that he is a hardcore fan of Puneeth Rajkumar and Allu Arjun.

Shivaputra Yasharadha, Varun Aradhya, and Rashmitha Gowda are the star cast in Saaviraroopayige Swarga. "Movies have been my passion since childhood. My family members also watch all the movies. Super Star Upendra and actor-cum-director late Kashinath are my inspiration. I appeal to the audiences to let me know if I have committed any mistakes in my attempt at direction," the director said.

Campus thrills

Usually, college campuses are known for fun along with education. However, director Bharath G chose to show another side of a campus. His film Spooky College, scheduled for release on January 6, will showcase fear. "Spooky means fearful. I have shown fear in a different manner in this movie. A majority of this was shot at a century-old college in Dharwad. We shot a portion of this movie in Dandeli Wildlife Sanctuary. The movie has a dance number featuring Reeshma Nanaiah. The song is a remix of the classic Mellusire Savigana from the movie Veera Kesari which featured Kannada matinee idol Dr Rajkumar and Leelavathi," said Bharath.

The director said Reeshma has done a good job in the song sequence. "All the actors including Vivek Simha and Kushee Ravi have acted well. Ajaneesh Lokanath's music is the highlight of this movie. I am grateful to Prakash for helping me to realise my dream of handling the megaphone for this movie," he said.

Appreciating Bharath, producer HK Prakash said the cost of the production of this movie escalated due to the shooting schedule of this movie during the covid pandemic. "The output of this movie is good due to the hard work of actors and technicians," he said.